Primitive Cookery:

OR THE

Kitchen Garden diſplay'd.

Containing a Collection of

RECEIPTS

For preparing a great Variety of

Cheap, healthful and palatable Diſhes, without either Fiſh, Fleſh, or Fowl;

WITH

A BILL of FARE of Seventy Diſhes, that will not coſt above Two-pence each.

LIKEWISE

Directions for pickling, gathering, and preſerving Herbs, Fruits and Flowers;

With many other Articles appertaining to the Product of the Kitchen-Garden, Orchard, &c.

THE SECOND EDITION.

With conſiderable Additions.

Be not amongſt wine-bibbers, amongſt riotous eaters of fleſh: for the drunkard and the glutton ſhall come to poverty. PROV.

LONDON:

Printed for J. WILLIAMS, at No. 38. FLEET-STREET. 1767.

[Price One Shilling.]

This Day is publiſhed, price 1s.

A New and eaſy Way of making WINES from Herbs, Fruits and Flowers, the Growth of *England*; viz. gooſberries, currants, raſberries, mulberries, elderberries, blackberries, ſtrawberries, apples, dewberries, pears, cherries, peaches, apricots, quinces, plumbs, birch, damſons, figs, cowſlips, ſcurvygraſs, mint, baum, ſage, roſes, &c. with their phyſical virtues. Alſo to make Artificial Wines, as Malaga, Claret, Rheniſh, &c. recovering faded Wines and ſuch as have loſt their colour; with the true way of making ordinary and rich Cordial Waters; likewiſe to make Cyder equal to Canary; to make the beſt Mead, Perry, Mum, &c. with divers other ſorts of wholeſome and pleaſant liquors never before treated of.

London: Printed for J. Williams, at No. 38 Fleet-Street.

1810.

Directions for Gathering and Preſerving all Kinds of FRUITS.

ALL kinds of ſummer fruits muſt be gathered in a morning, or elſe they will eat flat.

Cherries ſhould be full ripe before they are gathered, which may be known by their colour; for the reddeſt ſorts will be changed on the ſides next the ſun to a very deep colour, almoſt black; and thoſe of the paler kinds will be quite red on the ſun ſiide.

In getting them from the trees, their ſtalks ſhould be nipt off from the branches by the thumb and fore-finger; for pulling breaks off the buds that might produce branches or bloſſoms the next year.

When plumbs are ripe they will quit their ſtalks eaſily, if you give them the leaſt twiſt.

Peaches and nectarines are much the beſt when they are ripe enough to fall from the healthy branches of their own accord, and never ought to be gathered too early.

If apricots, in growing, do not touch each other, they ſeldom drop off the tree before they are too ripe for moſt palates; nay, ſometimes their upper end will become rotten before they naturally quit the ſtalks: they are generally deemed in the greateſt perfection when the part next the ſun becomes a little ſoft, or the ends begin to open. It is an old,

ad a very good cuſtom, to gather a fig when here is a drop of water hangs at the end, for hat is a certain ſign of its being ripe; but here are ſome ſorts that are ſubject to burſt, nd never have a drop, but when the ſmall nd quite to the ſtalk is become nearly of the me colour as the large end; then it is cer-ainly ripe.

Grapes ſeldom rot upon the vines by being oo-ripe, and thoſe appearing the moſt tranſ-arent are always the ripeſt; but all berries n the ſame bunch are ſeldom ripe alike, eſpecially of ſome ſorts; and therefore, before they are brought to the table, the ſmall, un-ripe, and rotten berries muſt be picked off.

Some of theſe bunches may, by the me-hods before directed, be kept eatable till Chriſtmas, but theſe ſhould be gathered from he vines before they are touched by the roſts; and after they are picked as before directed, pack them in ſmall jars, between layers of wood-aſhes ſifted fine, inſtead of moſs.

All ſuch pears as would come to matu-rity on the trees, are better gathered three or four days before they are ripe, other-wiſe they will eat meally; and ſeveral kinds will rot at the cores before they will fall ſpontaneouſly from the trees.

Some kinds, when they are full-grown, will fall from the trees before they are ripe; theſe may properly be called winter and au-tumn pears; and when the healthy ones of

theſe

theſe kinds begin to fall, it is a certain ſign they want gathering, which ought to be done when the fruit is quite dry; but they are ſeldom all ready for gathering at the ſame time; and this may be eaſily known by moving the fruit gently upward, and thoſe that do not quit their ſtuds ought to be left upon the trees ſome time longer, for what are gathered by greater force are ſubject to ſhrivel, and are not well-flavoured.

As pears are the beſt fruit the winter months afford, they are worthy of the greateſt care in preſerving; and, if rightly ordered, may be kept fit for uſe till the next ſeaſon will furniſh us with a new ſupply, which may be eaſily done if the following directions are carefully obſerved.

After the pears are gathered, lay them on heaps in the fruitery, and cover them with woollen cloths; this will cauſe them to perſpire, which will be received by the cloths. No time can be limited for their continuance in the couch, for ſome kinds require more than others; but, when the greateſt ſweat is over, it is then proper to take them out, and rub them one by one with dry linen cloths: after this the autumn kinds muſt be divided, every ſort into two parcels, the largeſt from the ſmalleſt, for it is a pity that one of the latter ſhould damage the former by rotting amongſt them; then lay them in ſingle layers, and not one upon another, whereby the ripeſt may be more eaſily diſtinguiſhed, and

taken

taken for uſe firſt, without handling the others; and when any are rotten, they muſt be picked out as ſoon as diſcovered, otherwiſe they will decay thoſe that touch them.

After winter pears have been couched, dried, and divided as the former, the beſt of them muſt be divided a ſecond time, that one half of the largeſt may be kept longer than the others, which is to be done by the following method, viz. get a large quantity of moſs well dried, and a number of earthen jars ſufficient to hold the fruit, then place a layer of moſs, and another of pears, till the jars are full, and ſtop them up with plugs as cloſe as you poſſibly can; which done, cover them with ſand a foot thick or more on every ſide, and let them be opened one by one as they are wanted for uſe; if a few do happen to rot, the moſs will receive their moiſture, and prevent them ſtraw from injuring the others.

Such as are deſigned to be uſed firſt after they have been couched, may be laid upon a boarded floor or ſhelves in the fruitery, where they ought to be kept dry by opening the windows in fine days; but in rain or froſty weather the windows muſt be kept cloſe ſtopt, to prevent the air from having any effect upon the fruit, and if the weather continues ſevere, they muſt be covered with and cloths.

The propereſt rooms for fruit are thoſe with windows on the ſouth ſide, and that

can either have a fire in them, or are next to ſome ſtove or other room where one is commonly kept, which ought to be both in froſty and rainy weather; for if pears are not kept dry, they are apt to rot, and will likewiſe taſte muſty.

Such ſorts of apples as are deſigned for the table, muſt be ordered in every reſpect as pears; but thoſe for baking, &c. may be laid in large heaps, only obſerving to move them ſometimes, and pick out thoſe that are rotten. Walnuts may be preſerved by the ſame means that grapes are, after they are cleanſed from their huſks and rubbed quite dry; as alſo ſmall nuts and filberds, ſaving that theſe two ſorts laſt mentioned need nothing to pack them in but their own huſks.

Quinces may remain upon the trees till the end of October, and are generally uſed ſoon after gathering; but they may be preſerved from rotting till February, if it be deſired, by the ſame method as pears and apples are kept.

Note. If the plugs beforementioned have roſin melted over them, it will cauſe the fruit to keep better; and where there is conveniency of doing it, I would adviſe to have the jars placed in a deep cellar.

Medlars ought not to be gathered till the end of October, and then they have a very auſtere taſte; yet, when they are become rotten, are valued by many; and to cauſe their decay, or to bring them to uſe early, they

they may be laid in wheat-bran, made moiſt with fair water, to cauſe a fermentation.

They ought to be laid in a box or tub, with a covering of moiſt bran in the bottom; after that a ſingle layer of fruit, but not to touch each other, and upon them lay a covering of bran, an inch thick; after that five or ſix layers of each may be laid alternately, but there muſt be a covering of bran at the top, and as it becomes drier, there muſt be water poured upon them; by this means they will be in perfection in fourteen days time; but if they be laid thin upon dry ſtraw they will remain ſound for two months. For to keep them the longer in eating, I would adviſe to have three ferurths remain dry till others begin to be fit for uſe, then lay a part to foment as before, and before this laſt parcel is conſumed, thoſe laid dry will begin to decay naturally.

Though currants are a common fruit, yet they are liked at table in ſome families, and may be preſerved good upon the trees, till November and December, admit they are placed againſt a wall: by only nailing two thickneſſes of garden-mats over them in a dry day, when they are ripe, it prevents their whithering by the ſun's heat; and if the autumn be dry, a little water given to the roots will be of ſervice.

Dr.

Dr. Lobb's *Advice to the Poor with regard to Diet.*

AS we apprehend it may of great ſervice to the Poor at all times, to direct them to the cheapeſt, the moſt healthful, and a pleaſant way of Diet; and whenever proviſions are ſcarce, and the prices of them high; I adviſe the Poor, therefore, to obſerve the following general rules, *viz.*

1. That they feed much more on pulſe, (that is, all ſorts of grain fit for our food) and other vegetable aliments, and much leſs on thoſe of the animal kinds.

2. That they drink no more ſtrong liquors of any ſort, than is needful to the health and ſtrength of their bodies.

It is a miſtaken notion that drinking ſtrong liquors is neceſſary for people who work hard, to keep up their ſtrength; they may drink ſome moderately to keep their ſpirits chearful while at their labour, but the ſpirits of ſtrong liquors ſoon paſs thro' their bodies, and are gone; their ſtrength comes from, and is renewed by the food

they take, and leſs than half the quantity of ſtrong liquors which ſome men drink is ſufficient for their occaſion.

The Poor, in obſerving the directions mentioned, will every week be at much leſs expence, becauſe pulſe and other vegetables are much cheaper than fleſh, and becauſe by drinking no more ſtrong liquors than is really needful, money will be ſaved for better uſes.

I may here obſerve, that moſt diſeaſes are contracted by exceſs of eating or drinking, and the neglect of ſufficient exerciſe; whence ariſe various morbid qualities in the blood.

It is very manifeſt, that thoſe people are moſt healthy, ſtrong, and active, who are moſt moderate in their diet.

The experience of Daniel and his companions is a demonſtration of this truth: They choſe to live on *pulſe* (or vegetable food) and *water*; and, with this diet, their countenances appeared fairer, and fatter in fleſh, than all thoſe which did eat the portion of the King's meat, and drank his wine.

The caſe of Sampſon is a proof that a man may be exceeding ſtrong, without drinking any ſpiritous liquors. The long experience of the Rechabites, who never drank wine all their days, neither their wives, nor their ſons, nor their daughters,

is an undeniable evidence thas people may enjoy health and ſtrength without the uſe of ſtrong drink.

It may be added, that the ſtrength of the Ox for labour, the ſtrength and ſprightlineſs of the Horſe for various ſervices, (whoſe bodies are made of fleſh and blood as ours, and whoſe diet is of vegetables and water) do prove, that ſtrong liquors are not neceſſary to render animal bodies robuſt and active; and indeed they are not neceſſary to thoſe who enjoy health and ſtrength without them: but to many others, the moderate and right uſe of them is needful and beneficial; and to Patients, in ſome caſes, even in fevers, I have adviſed wine or brandy in water, to their great benefit.

It will be a very happy event, if theſe obſervations ſhall convince people that their opinion is groundleſs, and prevail with them to leave off the pernicious practice which is one conſequence of it.

I ſhall now give directions for a nouriſhing and healthful diet for the Poor, firſt ſpecifying the materials of it, *i. e.* Wheat, Rye, Barley, Oats, Beans, Peaſe, and the other vegetables raiſed in gardens; Milk, Butter, Cheeſe, Salt, Ginger and Pepper, and ſometimes Fleſh or Fiſh, and Strong Beer or Cyder, when the Poor want, and can afford it.

1. As to Bread. Beſides the common houſhold bread of this town, in times of ſcarcity, bread may be made of barley meal, or of rye, or of both mixed, and the dough made up in the form of our common loaves, or made into cakes, and baked on plates of iron, like our muffins and oat-cakes.

2. For dinners with animal food. Take one pound of a ſhin or neck of beef, or ſheep trotters, or calves, or neats, or hogs feet ſeparated from the bones, or tripe, and cut it into pieces about as big as nutmegs, and ſtew it in two quarts of peaſe ſoup, or with wheat flour, or with barley meal, or with rice, whole or in flour (if cheap) or with bread, to the conſiſtence of what is called a Haſty Pudding, with herbs, or with or without onions, ſeaſoned with ſalt and pepper, or the powder of ginger, to the palate, or ſeaſoned with thyme, ſage, or mint, and then eat with bread.

A dinner of any one of the above mentioned meſſes will be very nouriſhing, healthful, and agreeable to the palate.

The quantity may be increaſed, according to the number of perſons in the family. They may uſe other parts of beef and mutton, &c. and ſometimes increaſe the proportion of fleſh when they can afford it.

I ſhould

I ſhould adviſe all perſons to conclude their dinner with eating the quantity of a nutmeg or two of old Cheſhire, or double Glouceſterſhire cheeſe, on the account of its efficacy againſt flatulencies. I ſpeak from my long experience, who ſeldom eat cheeſe at any other time.

As for the Children of the Poor, I adviſe, that ſometimes their breakfaſt be on dry bread, and then their drink to be tea made with the bark of elm, and milk with it, eſpecially if they have any ſcorbutic itching humours; and their ſupper to be early, and ſometimes on dry bread, with baked pears or apples.

As for ſtrong drink, that which is called Porter in this town, is moſt beneficial, except that which is called Gill Ale; and they who muſt have it, I think one pint, or two at moſt, is a ſufficient quantity in one day.

The Rev. Mr. Edward Terry (Chaplain to Sir Thomas Rowe, late Ambaſſador to the Great Mogul, and with him reſided at that Court,) gives the following account of the diet of the people in the Eaſt Indies: He ſays, " Though they have abundance of fleſh and fowl, and have fiſh too, yet are they temperate in all of them.——They eat very little of them alone to make their full meals of them, for

they dreſs no kind of fleſh in great pieces, or whole joints, nor ſcarce any of their fowls whole. For boiling of fleſh in water, or baking, or roaſting any fleſh, are pieces of cookery they know not; but they ſtew all the fleſh, as their kid and other veniſon, &c. cut into ſippets, or ſlices, or little parts, to which they put onions, and herbs, and root ginger, (which they take green out of the earth) and other ſpices, with ſome butter; which ingredients, when they are well-proportioned, make a food that is exceeding pleaſing to all palates. Water is their drink.

The meaner ſort of people there eat Rice boiled with their green Ginger, and a little Pepper, after which they put butter into it, which is their principal diſh, and but ſeldom eaten by them; but their ordinary food is made not of the flour of Wheat, but of a coarſe, well-taſted grain, made up in round, broad, and thick cakes, which they bake upon their thin iron plates, which they carry with them when they travel from place to place. When they have baked theſe cakes, they put a little butter on them; and, doubtleſs, the poor people find this a very hearty food, for they who live moſt upon it, are as ſtrong as they could be, if they had their diet out of the King's kitchen."

Pri-

Primitive Cookery;

OR, THE

Kitchen Garden diſplay'd.

To make Apple Fritters.

BEAT the yolks of eight eggs, and the whites of four, well together, and ſtrain them into a pan; then take a quart of cream, make it as hot as you can bear your finger in it, then put to it a quarter of a pint of ſack, three quarters of a pint of ale, and make a poſſet of it. When it is cool put in your eggs, beating it well together;

gethet; then put in nutmeg, ginger, ſalt, and flour to your liking; your batter ſhould be pretty thick; then put in pippins ſlieed or ſcraped, and fry them in a good deal of butter quick.

To make Apple Frazes.

CUT your apples in thick ſlices, and fry them of a light brown; take them up, and lay them to drain, keep them as whole as you can, and either pare them or let it alone; then make a batter as follows: take five eggs, leaving out two whites, beat them up with cream and flour, and a little ſack; make it the thickneſs of a pancake batter, pour in a little melted butter, nutmeg, and a little ſugar. Let your batter be hot, and drop in your fritters, and on every one lay a ſlice of apple, and then more batter on them. Fry them of a fine light brown; take them up, and ſtrew ſome double refined ſugar all over them.

To make Pupton of Apples.

PARE ſome apples, take out the cores, and put them into a ſkillet: to a quart mugfull heaped, put in a quarter of a pound of ſugar, and two ſpoonfuls of water. Do them over a flow fire, keep them ſtirring, adding a little cinnamon; when it is quite thick, and like a marmalade, let

it

it ſtand till cool. Beat up the yolks of four or five eggs, and ſtir in a handful of grated bread and a quarter of a pound of freſh butter; then form it into what ſhape you pleaſe, and bake it in a ſlow oven, and then turn it upſide-down on a plate, for a ſecond courſe.

To bake Apples whole.

PUT your apples into an earthen pan, with a few cloves, and a little lemon-peel, ſome coarſe ſugar, a glaſs of red wine; put them in a quick oven, and they will take an hour baking.

To make an Apple Pudding.

Take twelve large pippins, pare them, and take out the cores, put them into a ſaucepan, with four or five ſpoonfuls of water. Boil them till they are ſoft and thick; then beat them well, ſtir in a quarter of a pound of butter, a pound of loaf ſugar, the juice of three lemons, the peel of two lemons cut thin, and beat fine in a mortar; the yolks of eight eggs beat; mix all well together, bake it in a ſlack oven; when it is near done, throw over a little fine ſugar. You may bake it in a puff paſte, as you do other puddings.

To make an Apple Pye.

MAKE a good puff paſte cruſt, lay ſome round the ſides of the diſh, quarter your apples, and take out the cores, lay a row of apples thick, throw in half the ſugar you deſign for your pye, mince a little lemon peel fine, throw over and ſqueeze a little lemon over them, then a few cloves, here and there one, then the reſt of your apples, and the reſt of your ſugar. You muſt ſweeten to your palate, and ſqueeze a little more lemon. Boil the peeling of the apples and the cores in ſome fair water, with a blade of mace, till it be very good; ſtrain it and boil the ſyrup with a little ſugar, till there is but very little and good, pour it into your pye, put on your upper cruſt and bake. You may put in a little quince or marmalade, if you pleaſe.

Thus make a pear pye, but do not put in quinces.

To make Apple Dumplings.

MAKE a good puff paſte cruſt, roll it out a little thicker than a crown piece, pare ſome large apples. and roll every apple in a piece of this paſte, tie them cloſe in a cloth ſeparate, boil them an hour, and take out the core, take a tea ſpoonful of lemon peel ſhred as fine as poſſible, juſt give it a boil in two ſpoonfuls of roſe and

orange-

orange-flower water. In each dumpling put a tea-ſpoonful of this liquor, ſweeten the apple with fine ſugar, pour in ſome melted butter, and lay on your piece of cruſt again. Lay them in your diſh, and throw fine ſugar all over them.

To make an Apricot Pudding.

CODDLE ſix apricots very tender, break them very ſmall, ſweeten them to your taſte. When they are cold, add ſix eggs, only two whites, well beat; mix them well together with a pint of good cream, lay a puff paſte all over your diſh, and pour in your ingredients. Bake it half an hour; don't let the oven be too hot; when it is enough, throw a little fine ſugar all over it, and ſend it to table hot.

How to make the thin Apricot Chips.

TAKE your apricots or peaches, pare them and cut them very thin into chips, and take three quarters of their weight in ſugar, it being finely ſearced; then put the ſugar and the apricots into a pewter diſh, and ſet them upon coals; and when the ſugar is all diſſolved, turn them upon the diſh out of the ſyrup, and ſo ſet them up. Keep them turning till they have drank up the ſyrup; be ſure they never boil. They

muſt

muſt be warmed in the ſyrup once every day, and ſo laid out upon the edge of the diſh, till all the ſyrup be drank.

To dreſs Artichokes.

WRING off the ſtalks, and put them into the water cold, with the tops downwards, that all the duſt and ſand may boil out. When the water boils, an hour and an half will do them.

Artichoke Soup.

WASH the bottoms of the artichokes, and boil them in blanched water, putting in a large piece of butter, kneaded up with a little flour and ſalt. When they are boiled, take them out, maſh them, and ſtrain them through a ſieve, as you do peaſe; then let them ſimmer in a ſtew-pan over a gentle fire, putting in butter, ſalt, pepper, nutmeg, and cloves pounded in a mortar, alſo a bunch of young onions, thyme, and a bay leaf. When it is almoſt ready, pound in a mortar ſome blanched ſweet almonds, candied lemon-peel, biſcuits, bitter almonds, yolks of hard eggs, ſugar, and a little orange-flower water; put this to your ſoup, ſet it a little over the fire, and then ſerve it.

A Fri-

orange-flower water. In each dumpling put a tea-ſpoonful of this liquor, ſweeten the apple with fine ſugar, pour in ſome melted butter, and lay on your piece of cruſt again. Lay them in your diſh, and throw fine ſugar all over them.

Apple Paſties to fry.

PARE and quarter apples, and boil them in ſugar and water, with a ſtick of cinnamon; when tender put in a little white-wine, the juice of a lemon, a piece of freſh butter, and a little ambergriſe, or orange-flower water: ſtir all together, and when it is cold, put it in puff-paſte, and fry them.

Pippin Tarts.

PARE two oranges, boil and ſhred them; then pare, quarter, and core twenty pippins, and boil them in as much water as will juſt do; then put in half a pound of ſugar and the orange peel ſhred, and the juice: let all boil till it is pretty thick, let it cool, make tarts, fill them, ſo bake them.

To pickle Codlings.

YOUR codlings muſt be green and near full grown; blanch them, that is, ſcald them in ſoft water till the ſkin peels off. Then make your pickle with vinegar, a ſpoonful of ſalt to each quart, ſome cloves of garlick, a quarter of an ounce

of ginger ſlic'd, and as much whole pepper; boil this with a little bit of allum a quarter of an hour, and pour it on your codlings; cover the mouth of the jar with a cloth, and let it ſtand by the fire-ſide. Boil the pickle again the next day, and pour it over them as before, and ſo do till they are as green as you deſire; and when they are cold, ſtop them cloſe, and ſet them in a dry place. Obſerve here, that in all pickles, if they do not come to their fine green colour preſently, by boiling the pickle often at firſt; when they have ſtood about a month, boil the pickle again, and they will come to a good colour, and they will keep longer and eat better when they are not brought to colour too ſoon.

To ſtew Apples.

PARE them, ſlice them, and ſtew them with an equal quantity of water and claret, enough to cover them; when they are tender, put in a ſtick of cinnamon, and a few cloves when they are almoſt enough; ſweeten them with ſugar, and maſh them to pap; put in ſweet butter, and ſerve them.

To pickle Codlings like Mangoe.

MAKE a brine with ſalt and water ſtrong enough to bear an egg; into which put half an hundred of full-grown, tho' not ripe codlings; let them lie nine days, changing

changing the pickle every other day, then dry them, and carefully ſcoop out the cores. Take out the ſtalk ſo that you may fit it in again, and you may leave the eye in if you don't put the ſcoop through. In place of the core, fill it with ginger ſliced and cut ſhort, a clove of garlick and whole muſtard-ſeed; ſtop it with the pieces, and tie it up tight. Make your pickle with as much white-wine vinegar as will cover them, with ſliced ginger, cloves of garlick, and whole muſtard-ſeed. Pour this pickle boiling hot on them every other day for a fortnight or three weeks. Stone jars are beſt for all pickles.

A Jelly of Apples and other Fruits.

CUT your apples, and ſet them over the fire with water, and boil them till they turn to a marmalade. Then ſtrain them through a linen cloth or ſieve, and to every quart of liquor put three quarters of a pound of cracked-boil'd ſugar; boil it all to a degree between ſmooth and pearl'd, taking off the ſcum as it riſes. If you would have the jelly of a red colour, add ſome red wine, or prepar'd cochineal, keeping it cover'd. After this manner you may make your jelly of pears, quinces, currants, *&c.*

To preſerve Golden Pippins.

PARE your pippins and take out the eyes and ſtalks, and to every pound put a

pound of fine ſugar, and a pint of ſpring-water; cover them, and boil them eight or ten minutes; then let them cool, and boil them as before, and repeat it till they are clear, and then cover them cloſe.

To dry Apples or Pears without ſugar.

WIPE them clean, and run a bodkin in at the head, and out at the ſtalk, and put them in a flat earthen pot, and bake them, but not too much; you muſt tie double papers over them that they may not ſcorch when they are bak'd. When they are cold, drain them from the liquor, and lay them on ſieves with wide holes, and dry them in a hot ſtove, or an oven.

An Apple Tanſey.

TAKE three or four pippins or other apples, pare them, and ſlice them in thin ſlices, and fry them with butter. Then take four eggs, ſix ſpoonfuls of cream, a little roſe-water, nutmeg and ſugar; beat all together, and pour it over the apples. Let it fry a little till brown, and then turn it and let it fry till brown on that ſide. Garniſh with lemon, and ſtrew ſugar over it.

To make Cyder.

TAKE pippins, pearmains, rennitings, *&c.* when they are ſo ripe, that upon ſhaking the tree they will fall with tolerable eaſe; bruiſe, or grind them very ſmall, and

and when they are come to a maſh, put them into a hair bag, and ſqueeze them by degrees, not over haſtily. Then put up the liquor well ſtrain'd through a fine hair-ſieve, into a caſk well ſeaſoned, and air'd with a light rag dip'd in brimſtone. Then maſh the preſſings with a little warm water, and add a fourth part of it when preſs'd out to the cyder; and to make it work kindly, put a little honey, three whites of eggs, and a little flour together; put them into a fine rag, and hang them by a ſtring to the middle of the cyder-caſk. Then put in pretty warm, about a pint of new ale yeaſt; let it work and well purge itſelf from droſs five or ſix days; then draw it off from the lees into ſmaller caſks, or into bottles, as your occaſion ſerves; if the latter, leave an inch vacant from the cork, leſt the bottles fly or break; and if any ſuch danger appears, which you may perceive by the ſinging of the air through the porous parts of the corks, then it will be requiſite to open them to let out the fermenting air. In winter cover the caſks or bottles warm, for fear of freezing or chilling; but in ſummer place them as cool as you can, leſt the heat make it ferment, ſo that it taint, become muſty, thick, or ropy: and that it may the better feed and keep its body, put little lumps of ſugar into it. Note,

you muſt never mix ſummer and winter-fruit together.

To make Summer Cyder for preſent Uſe.

TAKE codlings, or other juicy ſummer-apples, not too ſweet; or if they are, allay them with ſharper; gather them not too ripe, but when they begin to turn, and lay them to ſweat in hay or ſtraw for two or three days; then quarter them, and take out the cores and kernels; then bruiſe and preſs them as the former. Boil ſome ſlic'd codlings and ſlic'd quinces in fair water, with a few tops of roſemary, and blades of mace; and maſh this water with the preſſings of the apples; preſs it out as before, and mix a fourth part with the cyder; put it up, and add two quarts of white or Rheniſh wine to every twelve gallons; purge it as the former, draw it off when ſettled, and keep it cool for preſent ſpending, for it will not keep longer than September. Some think the cyder better, if the apples are not cor'd.

To make an Apricot Pudding.

CODDLE ſix apricots very tender, break them very ſmall, ſweeten them to your taſte. When they are cold, add ſix eggs, only two whites, well beat; mix them well together with a pint of good cream, lay a puff paſte all over your diſh, and pour in your ingredients. Bake it half

an

an hour; don't let the oven be too hot; when it is enough, throw a little fine ſugar all over it, and ſend it to table hot.

How to make the thin Apricot Chips.

TAKE your apricots or peaches, pare them and cut them very thin into chips, and take three quarters of their weight in ſugar, it being finely ſearced; then put the ſugar and the apricots into a pewter diſh, and ſet them upon coals; and when the ſugar is all diſſolved, turn them upon the diſh out of the ſyrup, and ſo ſet them up. Keep them turning till they have drank up the ſyrup; be ſure they never boil. They muſt be warmed in the ſyrup once every day, and ſo laid out upon the edge of the diſh, till all the ſyrup be drank.

Apricot Wine.

BOIL ſeven quarts of water and ſix pounds of ſugar together; ſcum it, and put in twelve pounds of apricots ſton'd and par'd, which muſt boil till they are tender; then take them out, and they will be good to eat for the preſent, but will not keep long unleſs preſerv'd. Bottle the liquor when it is cold, and in half a year you may drink it; but it will come to more perfection if you keep it longer. But if at a week's end any ſettlement is found in the bottles, pour it off into freſh bottles.

To preſerve Apricots in Jelly.

TO twenty-four apricots ſton'd and par'd put a pound and a half of powder-ſugar; let them ſtand ſeven hours, then boil them till they are tender and clear. If any of them are clear before the reſt, take them out, and put them in ſo that they may be all clear together, and let them ſtand till next day. Then boil a quart of ſtrong codling jelly, and two pounds of ſugar together; make the apricots ſcalding hot, pour the jelly over them, and boil them till the apricots riſe in the jelly. You may put them in pots or glaſſes, and cover them down with white papers.

To preſerve green Apricots.

GET your apricots before the ſtones are hard, wet them, lay them on a coarſe cloth, put to them three or four handfuls of ſalt, rub them till they are ſmooth, and then throw them into ſcalding water. Set them on the fire till they almoſt boil, then take them off, and let them ſtand till almoſt cold. Repeat this two or three times, then cover them cloſe, and when they look green, boil them till tender. Then take their weight in ſugar, and to every pound put half a pint of water, and make a ſyrup. Let it ſtand till near cold, then put in your apricots, and boil them till they are clear.

Warm

Warm the ſyrup every day till 'tis pretty thick.

To dry Apricots.

PARE and ſtone twenty-four apricots, and cover them with two pounds of powder ſugar, and let them lie till the ſugar is almoſt diſſolved; then boil them, and as they grow tender, take them out, and put them on an earthen plate till they are all enough; after which put in thoſe you took out firſt, and let them boil a little together; put a paper cloſe to them, and let them ſtand a day or two. Then make them very hot, but not to the degree of boiling, and put the paper as before, and let them ſtand two days. Then put them on earthen plates in a ſtove, with as little ſyrup as poſſible; turn them daily till they are dry, ſcrape off the ſyrup as you turn them; put paper cloſe to them, and lay them up before they are too dry.

Marmalade of Apricots.

TAKE the apricots when of a pale yellow, pare them, and to a pound of apricots put three quarters of a pound of fine ſugar; but you muſt cut your apricots in halves. Take out the ſtones, ſlice them thin, beat your ſugar, and put it into your preſerving-pan with your ſlic'd apricots, and four ſpoonful of water; boil and ſcum them,

and

and when they are tender, put them in glaſſes.

To dreſs Artichokes.

WRING off the ſtalks, and put them into the water cold, with the tops downwards, that all the duſt and ſand may boil out. When the water boils, an hour and an half will do them.

Artichoke Soup.

WASH the bottoms of the artichokes, and boil them in blanched water, putting in a large piece of butter, kneaded up with a little flour and ſalt. When they are boiled, take them out, maſh them, and ſtrain them through a ſieve, as you do peaſe; then let them ſimmer in a ſtew-pan over a gentle fire, putting in butter, ſalt, pepper, nutmeg, and cloves pounded in a mortar, alſo a bunch of young onions, thyme, and a bay leaf. When it is almoſt ready, pound in a mortar ſome blanched ſweet almonds, candied lemon-peel, biſcuits, bitter almonds, yolks of hard eggs, ſugar, and a little orange-flower water; put this to your ſoup, ſet it a little over the fire, and then ſerve it.

Artichokes with White Sauce.

BOIL young artichokes in water and ſalt, then toſs up the bottoms with butter and parſley, ſeaſon'd with ſalt and white pepper.

pepper. Let your ſauce be yolk of eggs, with a little gravy and vinegar.

An Artichoke pye.

TAKE the bottoms of eight artichokes, boil'd and ſlic'd, ſeaſon them with ſweet ſpice mix'd with the marrow of three bones, and a few gooſberries or grapes; on theſe lay yolks of hard eggs, mace, citron and dates; cover all with butter; bake it, and when done, pour in hot wine.

Several Ways of keeping Artichokes.

BOIL as much water with ſalt as you judge neceſſary for your quantity of artichokes. When boil'd, let it ſtand till the ſalt is ſettled, then put it in the veſſel you intend to keep your artichokes. Blanch your artichokes in boiling water, till you can take out the chokes; then waſh them till you are ſure they are clean, and put them in the pickle, pouring oil or butter on the top to keep out the air, and cover it very cloſe for the ſame purpoſe. When you uſe them, ſteep them in freſh water to take away the ſalt.

To keep Artichokes dry.

BLANCH them, and take out the chokes as before, drain them, and bake them till they are dry. Before you uſe them ſteep them two days in luke-warm water. In blanching them off, put in the water a little verjuice, ſalt, and butter.

To

To keep Articokes dry another Way.

CUT off the leaves and the chokes, and put the bottoms in water. When you take them out of the water, throw them into flour, and cover them all over with it. Then range them one by one on a hurdle, and dry them in an oven. Before you uſe them let them ſoak a day and a night in water, then boil them as you do other artichokes.

To pickle Artichokes.

TAKE out the bottoms, and boil them about three parts. Make a pickle with vinegar and ſpices, boil it, and when cold put in your bottoms, cover them cloſe, and keep them all the year.

To fry Artichokes.

FIRST blanch them in water, then flour them, fry them in freſh butter, lay them in your diſh, and your melted butter over them. Or you may put a little red wine into the butter, and ſeaſon with nutmeg, pepper, and ſalt.

To fry Artichoke Bottoms.

LAY them in water as above; then have ready ſome butter hot in the pan, flour the bottoms, and fry them. Lay them in your diſh, and pour melted butter over them.

To ragoo Artichoke Bottoms.

TAKE twelve bottoms, ſoften them in warm water, as in the foregoing receipts: take half a pint of water, a piece of ſtrong ſoup, as big as a ſmall walnut, half a ſpoonful of catchup, five or ſix dried muſhrooms, a tea-ſpoonful of the muſh-room-powder, ſet it on the fire, ſhake all together, and let it boil ſoftly two or three minutes. Let the laſt water you put to the bottoms boil; take them out hot, lay them in your diſh, pour the ſauce over them, and ſend them to table hot.

Artichoke Suckers dreſſed the Spaniſh Way.

CLEAN and waſh them, and cut them in half; then boil them in water, drain them from the water, and put them into a ſtew-pan, with a little oil, a little water, and a little vinegar; ſeaſon them with pepper and ſalt; ſtew them a little while, and thicken them with yolks of eggs.

They make a pretty garniſh done thus; clean them, and half boil them; then dry them, flour them, and dip them in yolks of eggs, and fry them brown.

To dreſs Aſparagus.

SCRAPE all the ſtalks very carefully till they look white, then cut all the ſtalks even alike, throw them into water, and have ready a ſtew-pan boiling. Put in ſome ſalt, and tie the aſparagus in little

bundles. Let the water keep boiling, and when they are a little tender take them up. If you boil them too much you loſe both colour and taſte. Cut the round of a ſmall loaf about half an inch thick, toaſt it brown on both ſides, dip it in the aſparagus liquor, and lay it in your diſh: pour a little butter over the toaſt, then lay your aſparagus on the toaſt all round the diſh, with the white tops outward. Don't pour butter over the aſparagus, for that makes them greaſy to the fingers, but have your butter in a baſon, and ſend it to table.

Aſparagus Soup.

TAKE ſome good broth, and boil in it a large brown toaſt (which muſt be ſtrained off before your aſparagus is put in) a little flour ſifted from oatmeal, and three or four handfuls of aſparagus cut ſmall, ſo far as they are green, ſome ſpinage, beets, celery, parſley, and what herbs you like. Then bake ſome toaſts of bread, butter them, and pour your ſoup upon them; then ſeaſon it as you like.

To dreſs Aſparagus and Eggs.

TOAST a toaſt as big as you have occaſion for, butter it and lay it in your diſh, butter ſome eggs as above, and lay over it. In the mean time boil ſome graſs tender, cut it ſmall, and lay it over the eggs. This makes a pretty ſide diſh for a ſmall courſe, or a corner-plate.

Aſpa-

Aſparagus dreſſed the Spaniſh Way.

TAKE the aſparagus, break them in pieces, then boil them ſoft, and drain the water from them; take a little oil, water and vinegar, let it boil, ſeaſon it with pepper and ſalt, throw in the aſparagus, and thicken with yolks of eggs.

Endive done this way is good; the Spaniards add ſugar, but that ſpoils them. Green peaſe done as above are very good; only add a lettuce cut ſmall, and two or three onions, and leave out the eggs.

A White Ragoo of Aſparagus.

CUT the heads of your aſparagus and blanch them, then fry them with a little butter and flour; moiſten them with broth, and ſeaſon them with ſalt and pepper, and let them ſtew. Thicken them with yolks of eggs diluted with broth, and a little nutmeg. You may uſe this ragoo under larded collops, or other meat.

Another.] Cut your heads as before, blanch them, and ſtew them with ſome cullis over a ſlow fire. When it has ſtew'd enough, put in a bit of butter dipt in flour, and ſtir it now and then, pour in a little vinegar, and ſerve it hot. This may be uſed with fowls or other meats.

Aſparagus with Cream.

CUT the green part of your aſparagus in pieces an inch long, blanch them a little

in boiling water, and toſs them up in a ſtew-pan with butter or lard: but take care they are not too fat. Put to them ſome cream, a bunch of pot-herbs, and ſeaſon them moderately. Before you ſerve them, beat one or two yolks of eggs in cream, to thicken the ſauce, into which put a little ſugar; and ſo ſerve it.

Aſparagus with Butter.

BOIL them in water and ſalt; when they are enough, drain them, lay them in your diſh, and let your ſauce be butter, ſalt, vinegar and pepper, with the yolk of an egg to thicken it; ſtir the ſauce till ready, then pour it on your aſparagus, and ſerve it.

Aſparagus with Gravy.

CUT your aſparagus in pieces as before, and toſs them up with lard, parſley, chervil cut ſmall, and a whole leek, which you muſt remember to take out when done; ſeaſon with ſalt, pepper and nutmeg, and ſet them ſimmering in a ſtew-pan with broth. When they are enough, take the fat off, pour over them mutton-gravy, and ſqueeze on them the juice of a lemon.

An Amulet of Aſparagus.

CUT and blanch your aſparagus in ſmall pieces, and fry them in butter with parſley and chibbol. Then pour ſome cream over them, and having ſeaſon'd them, boil them.

Then

Then make an amulet of eggs, cream and ſalt; when it is enough dreſs it on a diſh, and having thickened it with yolks of eggs, pour it on the amulet, and ſerve it.

To preſerve Aſparagus.

CUT off thoſe parts of the aſparagus that are not eatable, and boil the reſt in butter and ſalt. Then put them in fair water; and when they have lain till they are cold, drain them, and put them in a veſſel, without breaking them, with ſalt, cloves, ſlic'd lemon, and as much water as vinegar. Lay a napkin over them in the veſſel, and cover it with melted butter to keep them; and when you would uſe them, dreſs them in the ſame manner you do thoſe that are newly gather'd.

To pickle Aſparagus.

CUT off the white ends, ſcrape the green ones, dry them, and lay them in a broad pan; throw over them ſalt, and a few cloves and mace. Then cover them with white-wine vinegar, and let 'em lie nine days; then put the pickle in a kettle and boil it. Put your aſparagus into it, ſtow them cloſe, and let them ſtand a little. Then ſet them over the fire till they are green, but don't boil them ſoft. Then put them in a pan that they may lie at length, tie them down cloſe, and keep them for uſe.

To dreſs Windſor Beans.

TAKE the ſeed, boil them till they are tender; then blanch them, and fry them in clarify'd butter. Melt butter with a drop of vinegar and pour over them. Strew them with ſalt, pepper, and nutmeg.

Or you may eat them with butter, ſack, ſugar, and a little powder of cinnamon.

To dreſs Beans in Ragoo.

YOU muſt boil your beans ſo that the ſkins will ſlip off. Take about a quart, ſeaſon them with pepper, ſalt, and nutmeg, then flour them, and have ready ſome butter in a ſtew-pan, throw in your beans, fry them of a fine brown, then drain them from the fat, and lay them in your diſh. Have ready a quarter of a pound of butter melted, and half a pint of the blanched beans boiled, and beat in a mortar, with a very little pepper, ſalt, and nutmeg; then by degrees mix them in the butter, and pour over the other beans. Garniſh with a boiled and fried bean, and ſo on till you fill the rim of your diſh. They are very good without frying, and only plain butter melted over them.

Beans ragoo'd with Parſnips.

TAKE two large parſnips, ſcrape them clean, and boil them in water. When tender take them up, ſcrape all the ſoft into

to a ſauce-pan, add to them four ſpoonfuls of cream, a piece of butter as big as an hen's egg, chop them in the ſauce-pan well; and when they are quite thick, heap them up in the middle of the diſh and the ragoo round.

Beans ragoo'd with Potatoes.

BOIL two pounds of potatoes ſoft, then peel them, put them into a ſauce-pan, put to them half a pint of milk, ſtir them about, and a little ſalt; then ſtir in a quarter of a pound of butter, keep ſtirring all the time till it is ſo thick, that you can't ſtir the ſpoon in it hardly for ſtiffneſs, then put it into a halfpenny Welch diſh, firſt buttering the diſh. Heap them as high as they will lie, flour them, pour a little melted butter over it, and then a few crumbs of bread. Set it into a tin oven before the fire; and when brown, lay it in the middle of the diſh, (take great care you don't maſh it) pour your ragoo round it, and ſend it to table hot.

An Amulet of Beans.

BLANCH your beans, and fry them in ſweet butter, with a little parſley, pour out the butter, and pour in ſome cream. Let it ſimmer, ſhaking your pan; ſeaſon with pepper, ſalt, and nutmeg, thicken with three or four yolks of eggs, have ready a pint of cream, thickened with the yolks of

of four eggs, ſeaſon with a little ſalt, pour it in your diſh, and lay your beans on the amulet, and ſerve it up hot.

The ſame way you may dreſs muſh-rooms, truffles, green peas, aſparagus, and artichoke bottoms, ſpinage, ſorrel, &c. all being firſt cut into ſmall pieces, or ſhred fine.

Beans dreſſed the German Way.

TAKE a large bunch of onions, peel and ſlice them, a great quantity of parſley waſhed and cut ſmall, throw them into a ſtew-pan, with a pound of butter; ſeaſon them well with pepper and ſalt, put two quarts of beans, cover them cloſe, and let them do till the beans are brown, ſhaking the pan often. Do peaſe the ſame way.

Bean Tart.

BOIL and blanch green beans, then make puff-paſte and put into petty-pans. Put in a layer of beans and a layer of ſweetmeats, with ſugar between each layer. Then cover them, and make a hole on the top; put in a quarter of a pint of lemon-juice, ſome marrow ſeaſoned with ſalt, nutmeg, cloves, and mace. When bak'd, put in a little whit-ewine thickened with the yolk of an egg and butter into each tart.

To make Bean Tanſey, both ſavoury and ſweet.

BLANCH your beans, and beat them in a mortar; for the ſavoury way ſeaſon them with pepper, ſalt, cloves, and mace; then put in the yolks of ſix eggs, and a quartern of butter. Butter your pan, and bake it, as you would do a tanſey, and ſtick ſlices of fryed bacon a-top. The ſweet way is with beans, biſkets, ſugar, ſack, and cream, and eight yolks of eggs; ſo bake it, and ſtick on the top orange and lemon peel candy'd.

To dreſs Broccoli.

STRIP all the little branches off till you come to the top one, then with a knife peel off all the hard outſide ſkin, which is on the ſtalk and little branches, and throw them into water. Have a ſtew-pan of water with ſome ſalt in it: when it boils put in the broccoli, and when the ſtalks are tender it is enough, then ſend it to table with butter in a cup. The French eat it with vinegar and oil.

Broccoli in Sallad.

BROCCOLI is a pretty diſh, by way of ſallad. Boil it like aſparagus, lay it in your diſh, beat up oil and vinegar, and a little ſalt. Garniſh with ſtertion-buds.

Broccoli and Eggs.

BOIL your broccoli tender, ſaving a large bunch for the middle, and ſix or eight little thick ſprigs to ſtick round. Take a toaſt half an inch thick, toaſt it brown, as big as you would have it for your diſh or butter plate, butter ſome eggs thus: Take ſix eggs more or leſs, as you have occaſion, beat them well, put them into a ſauce-pan with a good piece of butter, a little ſalt, keep beating them with a ſpoon till they are thick enough, then pour them on the toaſt; ſet the biggeſt bunch of broccoli in the middle, and the other little pieces round about, and garniſh the diſh with little ſprigs of broccoli. This is a pretty ſide diſh, or a corner-plate.

To fry the Roots of Red Beets.

WASH your beet-roots, and lay them in an earthen glazed pan, bake them in an oven, and then peel the ſkin off them: After this is done, ſlit them from the top to the tail, and cut them in the ſhape of a fiſh called a ſoal, about the thickneſs of the third part of an inch. Dip theſe in a thick batter, made of white-wine, fine flour, ſweet cream, eggs, pepper, ſalt, and cloves beaten, and all well mixed. As you dip every beet-root in this batter, ſtrew them over thick with fine flour mixed with grated bread, and parſley ſhred ſmall,

ſmall, and then fry them in lard. When they are enough, let them dry, and ſerve them with garniſh of lemon. Theſe likewiſe may be put about ſtewed carps, tench, and roaſted jacks, by way of garniſh.

To make the Crimſon Biſcuit of Red Beet Roots.

TAKE the roots of red beets, boil them tender, clean them, and beat them in a mortar with as much ſugar, finely ſifted, ſome butter, the yolks of hard eggs, a little flour, ſome ſpice finely beaten, and ſome orange flower-water, and a little lemon-juice. When they are well mixed, and reduced to paſte, make them into cakes, and dry them in an oven.

To dreſs Cabbages, &c.

CABBAGE, and all ſorts of young ſprouts, muſt be boiled in a great deal of water. When the ſtalks are tender, or fall to the bottom, they are enough; then take them off before they loſe their colour. Always throw ſalt in your water before you put your greens in. Young ſprouts you ſend to table juſt as they are, but cabbage is beſt chopped, and put into a ſauce-pan with a good piece of butter, ſtirring it for about five or ſix minutes, till the butter is all melted, and then ſend it to table.

Red

Red Cabbage dreſſed after the Dutch Way, good for a Cold in the Breaſt.

TAKE the cabbage, cut it ſmall, and boil it ſoft, then drain it, and put it in a ſtew-pan, with a ſufficient quantity of oil and butter, a little water and vinegar, and an onion cut ſmall; ſeaſon it with pepper and ſalt, and let it ſimmer on a ſlow fire, till all the liquor is waſted.

A Ragoo of Cabbage.

DIVIDE a cabbage in the middle, and blanch it in hot water; ſqueeze it, and tie it round with pack-thread, and then ſtew it. When it is ſtewed, drain it, untie it, and cut it into little ſlices into a ſauce-pan; and let it ſimmer over the fire. It may be eaten with all meats boiled, roaſt, or ſtewed.

To farce a Cabbage.

TAKE the large blades of cabbage, and ſcald them; then make a forc'd meat of fat bacon, veal, boil'd cabbage, the yolks of two or three eggs, ſalt, pepper, grated bread, and grated cheeſe. Incloſe all theſe in the cabbage, and ſtew them in broth; garniſh it with raſped cheeſe, and ſerve it up.

To ſtew Red Cabbage.

CUT your cabbage very fine, and ſtew it with gravy, ſauſages and ham, and ſea-

ſon

ſon it with pepper and ſalt. Before you ſerve it, put in a little elder-vinegar, and mix it well together.

A Cabbage Pudding.

CHOP two pound of lean veal with as much beef ſuet; beat it in a mortar with half a cabbage ſcalded; ſeaſon it with mace, nutmeg, pepper, ſalt, green gooſberries, grapes or barberries, according to the time of the year. In winter put in a little verjuice, beat all together with four or five yolks of eggs; then wrap it up in green cabbage-leaves, tie a cloth over it, boil it an hour, and melt butter for ſauce.

Another Way.] Shred a pound of lean veal and four pound of ſuet, with ſalt, pepper, and four grated nutmegs; then take a cabbage half boiled, beat about twelve eggs, and mix all together like a pudding; then put it in a cloth and boil it.

To pickle Cabbage.

YOU may either cut them in quarters, or ſhave them in long ſlices; ſcald them about four minutes in water and ſalt, then take them out and let them cool. Boil up ſome vinegar with ſpices: when 'tis boiled and ſcumm'd, let it ſtand till cold; then put in your cabbage, cover it directly, and it will keep white. You may pickle red cabbage in this manner.

To dreſs Cauliflowers.

TAKE your flowers, cut off all the green part, and then cut the flowers into four, and lay them into water for an hour, then have ſome milk and water boiling, put in the cauliflower, and be ſure to ſkim the ſauce-pan well. When the ſtalks are tender, take them carefully up, and put them in a cullender to drain: then put a ſpoonful of water into a clean ſtew-pan, with a little duſt of flour, about a quarter of a pound of butter, and ſhake it round till it is all finely melted, with a little pepper and ſalt; then take half the cauliflower, and cut it as you would for pickling, lay it into the ſtew-pan, turn it, and ſhake the pan round. Ten minutes will do it. Lay the ſtewed in the middle of your plate, and the boiled round it. Pour the butter you did it in over it, and ſend it to table.

To fry Cauliflowers.

TAKE two fine cauliflowers, boil them in milk and water, then leave one whole, and pull the other to pieces; take half a pound of butter, with two ſpoonfuls of water, a little duſt of flour, and melt the butter in a ſtew-pan; then put in the whole cauliflower cut in two, and the other pulled to pieces, and fry it till it is of a very light brown. Seaſon it with pepper and ſalt.

ſalt. When it is enough, lay the two halves in the middle, and pour the reſt all over.

Cauliflowers dreſſed the Spaniſh Way.

BOIL them, but not too much; then drain them, and put them into a ſtew-pan; to a large cauliflower put a quarter of a pint of ſweet oil, and two or three cloves of garlic; let them fry till brown; then ſeaſon them with pepper and ſalt, two or three ſpoonfuls of vinegar; cover the pan very cloſe, and let them ſimmer over a very ſlow fire an hour.

A Ragoo of Cauliflowers.

WHEN you have pick'd and clean'd the cauliflowers, boil them, but not too tender; and then take them out and let them drain, put them in a ſaucepan, with thin cutlets of veal and ham. After it has ſimmer'd a while, ſet it over a briſker fire; then put in a bit of butter work'd up with a little flour, and a few drops of vinegar, and ſo ſerve it up.

Cauliflowers with Butter.

BOIL your cauliflowers in water and ſalt, with two or three cloves; then drain them and lay them in your diſh. For your ſauce, knead ſome butter with flour, and melt it with ſalt, white pepper, nutmeg, vinegar, and ſlices of lemon, and pour it on your cauliflowers.

Cauliflowers ſweet.

BOIL the bottoms tender in milk, and put to them a little mace and ſalt; ſerve them on carved ſippets, the yolk of an egg or two, boil'd raiſins of the ſun, beaten butter and ſugar.

To pickle Cauliflowers.

CUT the whiteſt and cloſeſt cauliflowers before they are brown, in pieces the length of your finger from the ſtalks, and boil them in a cloth in milk and water, not till they are tender; then take them out and let them cool. Make your pickle with white-wine vinegar and ſuch ſpices as you like, and boil it. When it is cold put in your cauliflowers: in three or four days they will be fit for uſe.

To make Carrot Pudding.

SCRAPE your carrots clean and grate them; to half a pound of carrots put a pound of grated bread, a nutmeg, a little cinnamon, ſalt, half a pound of ſugar, half a pint of ſack, eight eggs, a pound of melted butter, as much cream as will mix it together; ſtir it and beat it up well, then ſheet a diſh with puff-paſte, and ſend it to the oven.

Another Way.] Boil a large carrot tender, let it cool, and paſs it through a ſieve very fine; put to it half a pound of melted butter, beaten with eight yolks and four whites

whites of eggs, three ſpoonfuls of ſack, one of orange flower water, half a pint of cream, a nutmeg, bread grated, and a little ſalt. Make it of a moderate thickneſs, and give it the ſame baking as a cuſtard.

Another Way.] Let two carrots be three quarters boiled; then ſhred them ſmall and mix with an equal quantity of grated bread, a pound of beef ſuet ſhred ſmall, ſome cream, ſix eggs, half a nutmeg, ſugar and ſalt. Either boil it or bake it; if boiled ſauce it with butter, lime juice and ſugar.

A Ragoo of Celery.

BOIL your celery, ſqueeze it, and then put it into a ſaucepan with ſome thin cutlets of veal and ham, and let it ſimmer over the fire. When it is enough, put in a bit of butter as big as a walnut, worked up with a little flour, and a drop of vinegar, and then ſerve it up.

To ſtew Celery.

BOIL it, and then put it in cold water; then drain it, and ſqueeze it well, and put it into your ſaucepan with ſome butter, a little flour, bacon, cloves, and mace; juſt cover it with veal broth, a little ſalt and pepper. When it is boiled as thick as cream, pour over it a little drawn butter, and ſhake it till it ſticks together like a fricaſey. Then ſlide it into your diſh,

firſt taking out the bacon, cloves, and mace. Garniſh with ſmall toaſts of bread.

Celery with Cream.

TIE up your bunches and boil them tender; then cut them into bits three inches long, then put to them half a pint of cream, four yolks of eggs, a little butter, and ſeaſon it with ſalt. Shake it together and ſerve it.

To fry Celery.

BOIL it half an hour, and let it cool; then make a batter with Rheniſh wine, the yolks of eggs, and a little flour and ſalt, dip every head in, and fry them with clarify'd butter, and melted butter for ſauce.

To pickle Celery.

PICK it two inches in length, ſet them and let them cool; put your pickle in cold, and it will do as for cabbage, which ſee.

Chardoons fried and buttered.

THEY are wild thiſtle that grow in every ditch or hedge. You muſt cut them about ten inches, ſtring them, tie them up twenty in a bundle, and boil them like aſparagus: or you may cut them in ſmall bits, and boil them as peaſe, and toſs them up with pepper, ſalt, and melted butter.

Chardoons

Chardoons buttered.

BLANCH your chardoons, and cut out the ſtrings, and leave them two inches long, then boil them in ſalt and water with a little fat bacon or butter. When tender, ſtrain them, and toſs them up with melted butter, pepper and ſalt.

Chardoons with Cheeſe.

CUT them in bits an inch long, after they are ſtringed, then ſtove them in gravy till tender, ſeaſon them with pepper and ſalt, and ſqueeze in an orange, thicken it with butter brown'd with flour. Put it in you diſh, and cover it all over with Parmeſan or Cheſhire cheeſe, and then brown it all over with a hot cheeſe iron, and ſerve it up.

Another Way to dreſs Chardoons.

PICK them, cut them in bits and waſh them, blanch them in water with a little ſalt, ſlices of lemon, beef ſuet, and lards of bacon. Drain them, and put them in a ſtew-pan, with gravy, marrow, a bunch of ſweet herbs, and a little grated cheeſe, then ſeaſon and ſtew them. When they are tender, take off the fat, brown them with a hot fire ſhovel, put a little vinegar to them, and ſerve them.

To preſerve Cherries liquid.

CUT off part of their ſtalks, and ſlip them in a pan of ſugar boiled to the blown degree; give them ten or twelve covered boilings, ſet them by till next day, then drain them, and put them into ſugar boil'd till 'tis pearled. Then add ſome ſyrup of currants of the ſame quality, to give them a colour.

To make a Cherry-Pye.

MAKE a good cruſt, lay a little round the ſides of your diſh, throw ſugar at the bottom, and lay in your fruit and ſugar at top. A few red currants does well with them; put on your lid, and bake in a ſlack oven.

Make a plumb pye the ſame way, and a gooſberry pye. If you would have it red, let it ſtand a good while in the oven, after the bread is drawn. A cuſtard is very good with the gooſberry pye.

To preſerve Cherries.

PICK them and ſtone them, and to every pound put a quarter of a pint of the juice of white currants (firſt paſs'd through a jelly-bag) and the weight of both liquor and cherries of double refin'd ſugar; ſift the ſugar, and ſprinkle it as you put them in the preſerving-pan, which you muſt

boil

boil and ſcum, till the cherries look clear; then put them into glaſſes.

To make Marmalade of Cherries.

TAKE four pounds of cherries without ſtones, and a quart of the juice of currants; put them in a preſerving-pan, and ſet them over the fire to dry away the wateriſh part; then maſh them, and take three pounds of ſugar boiled to the ſecond degree; put the cherries to it, and ſet it on the fire, and let it boil till it comes to a body; then put it into flat pots or glaſſes. When cold, cover it with wetted papers, and tie them over with dry papers.

A Clary Amulet.

SCALD your clary, chop it ſmall, beat it up with eight eggs, and ſeaſon it with a chopp'd ſhalot, pepper and ſalt; then fry it quick as you do a pancake, ſqueeze a Seville orange over it, and ſerve it.

Clary fried with Eggs.

WHEN your clary is waſh'd, pick'd, and dried with a cloth, beat up the yolks of ſix eggs with a little flour and ſalt; make the batter light, and dip in every leaf, and fry them ſingly.

Clary and Eggs another Way.

BEAT eight or ten eggs well in a porringer; then take ſome clary-leaves, and chop

chop them ſmall, add a little pepper and ſalt and ſome onions chop'd ſmall. This mixture muſt be fried in hog's lard or hog's ſeam, and ſerve it with ſlices of lemon.

To force Cucumbers.

PARE your cucumbers, core out the ſeed, and then force them with light forcemeat, and ſtove them in broth or gravy. When they are tender, cut two in ſlices, and let the other be whole; ſqueeze in a lemon, and then ſerve them.

A Regalia of Cucumbers.

SLICE twelve cucumbers, put them in a cloth, beat and ſqueeze them dry, flour and fry them brown; and then add half a gill of claret, a little gravy, and ſome ſalt, pepper, cloves, mace, nutmeg, and butter work'd in flour; toſs them up together, and ſerve them.

To ſtew Cucumbers.

PARE them, core out the ſeed, and cut them in ſlices, and fry them brown with an onion. Put in ſome gravy and elder-vinegar, and ſeaſon it with pepper and ſalt, then ſerve it. You may uſe this under mutton or roaſt beef.

To farce Cucumbers.

CUT off one end of your cucumbers, and

and then pare and core them, and prepare the following farce for them: take the hearts of ſome cabbage-lettuce ſtew'd tender in ſalt and water, drain them, and put to them ſome onions, a little parſley that has been boiled tender, a muſhroom pickled, pepper, ſalt, and fat bacon; chop all together very fine, with the yolk of one or two eggs, according to the quantity. Then ſtuff your cucumbers, and tie up the ends that were cut off with packthread, and ſtew them till they are tender in ſalt and water; then drain them, flour them, and fry them brown in hog's lard, and drain them again; then untie them, lay them in your diſh, and pour over them the following ſauce; viz. Take gravy well ſeaſon'd, and as much claret; boil them together with ſome lemon-peel, and all-ſpice, thicken'd with burnt butter.

To pickle Cucumbers.

WIPE your cucumbers clean, and then make a brine with water and ſalt, that will bear an egg; put them into it, and let them lie twelve hours. Then take them out, wipe them dry, and in the veſſel you deſign to keep them, put a layer of dill, long pepper, and mace; then a layer of cucumbers, and ſo proceed till you have laid them all in. Boil as much vinegar as will cover them, and pour it over them hot, and cover it cloſe for two days. Then

pour

pour out the vinegar, boil it again, ſcum it, and pour it on them again. When you have done ſo three or four times, put in a piece of allum, and ſtop them cloſe for uſe.

To pickle Cucumbers in ſlices.

SLICE them in ſlices about half a quarter of an inch thick, put them in a pan with ſmall whole onions peeled; let them lie twenty-four hours, then drain them. Boil your quantity of vinegar with ſpice, put the cucumbers in a jar, and pour the pickle boiling hot upon them: ſtop them directly, and let them ſtand two days, then boil the pickle as before, till they are green.

To preſerve green Cucumbers.

RUB gerkin cucumbers clean, and ſcald them in water. Take their weight of fine ſugar, and a quarter of a pint of ſpring water to every pound, and boil it to a ſyrup; then put in the cucumbers, and let them boil gently. Repeat this two or three days, till they are tender and clear, then put them in glaſſes.

To pickle Currants for preſent uſe.

YOUR currants may be either red or white as you like, but don't let them be quite ripe. Give them a warm in white-wine vinegar, with as much ſugar as you like;

like; and keep them well covered with liquor. Clove-july-flowers may be done ſo.

Currant Cream.

BRUISE ripe currants in boiled cream, ſtrain them through a ſieve, add ſugar and cinnamon, and ſo ſerve it up. So you may do raſpberries or ſtrawberries.

To preſerve Currants.

PUT a layer of currants and a layer of ſugar in a flat-bottom'd pan; boil them till the ſyrup is pretty thick, ſcum them as they boil, then take them off, and let them be cold before you put them in your glaſſes, which muſt then be cloſe ſtopt.

To make Jelly of Currants.

TAKE the currants, and ſtrip them into your preſerving pan, and to a gallon of currants put a pint of water; ſet them on the fire and boil them; then ſtrain them through a bag and let it ſettle. Then put a pound of fine powder'd ſugar to every pint of juice, and boil them together to a jelly, which you may know by ſetting ſome in a ſpoon. Then put it into pots or glaſſes; when cold, paper them over with wetted papers, and tie them over with other papers. In this manner make jellies of cherries, raſpberries, &c.

A Ragoo of Endive.

GET the beſt white envive; pick it,

and blanch it in boiling water; then ſqueeze it and mince it a little. Then put it in a ſtew-pan moiſten'd with cullis of veal and ham, ſtew it on a ſlow fire, and then ſerve it. You may do this for all meats with which endive is uſed.

Another.] Prepare your endive as before, but when it is minc'd, fry it with butter, and then moiſten it with broth inſtead of cullis. When it is reliſhing, thicken it with yolks of eggs and cream. You may uſe this with larded collops, veal cutlets, and fillets of any meats.

Gooſberry Tanzey.

PICK a quart of green gooſberries, and boil them in half a pound of butter, till they are well coddled. Then pour into them the yolks of ſixteen eggs well beaten with half a pint of cream. Sweeten to your taſte with ſugar, then boil it as you would a tanzey; and when baked, ſtrew over it roſe-water and ſugar.

To keep Gooſberries for Tarts.

PUT your gooſberries before they are ripe into wide-mouth'd bottles, cork them cloſe, and ſet them in a ſlow oven, till they are tender and crack'd; then take them out and pitch the corks.

Gooſberry Fool.

WHEN you have pick'd a quart of gooſberries, ſcald them in water till tender, maſh

maſh them in it, and then boil them with three pounds of ſugar till 'tis pretty thick, and put to them a pint and a half of cream, and the yolks of eight eggs. Stir them well together over a ſlow fire; when 'tis enough, put it in your diſh, let it cool, and then eat it.

Gooſberry Jam.

YOUR gooſberries muſt be full ripe, yet look green; pick them, and to a pound put three quarters of a pound of fine ſugar, and half a pint of water. Boil them till clear and tender, then put them in pots.

To make Gooſberry Vinegar. *

TO every gallon of cold water put ſix pounds of ripe gooſberries; bruiſe them in a mortar with a wooden peſtle, then pour the water on them, and ſtir them, then put them into a rundlet or other clean veſſel; let the veſſel ſtand in a warm place near a kitchen fire, or in the ſun, if hot, till the liquor ferment, and the fruit all riſe to the top, which it will do in about

 a fort-

* This receipt was communicated to the Dublin ſociety, by one of their members in the county of Wexford, where they make it yearly in great quantities, and find it by experience equal to any French white-wine vinegar, in pickling cucumbers, muſhrooms, and all other uſes, though it is to be made at ſo ſmall an expence as ſix pence a gallon.

a fortnight; then draw off the liquor and ſtrain the berries from it very clean, and put the liquor into the ſame caſk, add to every gallon of it one pound of brown ſugar, which will make it ferment a ſecond time, and when you ſee it hath done working, ſtop the veſſel cloſe. It will be fit for uſe in ſix months, but it muſt be kept in a warm place near a fire, which will add to its goodneſs, and ripen it the ſooner.—Note, Cryſtal gooſberries are the beſt, and give it the beſt colour, but any gooſberries will make it good for common uſes; but be ſure to uſe none for pickles but that made of cryſtal gooſberries.

To dreſs Kidney-Beans.

FIRST ſtring them, then cut them in two, and afterwards a-croſs; but if you would do them nice, cut the bean into four, and then a-croſs, which is eight pieces. Lay them into water and ſalt, and when your pan boils put in ſome ſalt and the beans: when they are tender, they are enough; they will be ſoon done. Take care they do not loſe their fine green. Lay them in a plate, and have butter in a cup.

To ragoo Kidney-Beans.

TAKE a few beans, boil them tender, then take your ſtew-pan, put in a piece of butter, when it is melted, ſhake in ſome flour, and peel a large onion, ſlice it and fry

fry it brown in that butter; then put in the beans, ſhake in a little pepper and a little ſalt, grate a little nutmeg in, have ready the yolk of an egg and ſome cream, ſtir them all together for a minute or two, and diſh them up.

To make a Harrico of Kidney-beans.

TAKE a pint of the ſeeds of French beans, which are ready dried for ſowing, waſh them clean, and put them into a two quart ſauce-pan, fill it with water, and let them boil two hours; if the water waſtes away too much, you muſt put in more boiling water to keep them boiling. In the mean time take half a pound of nice freſh butter, put it into a clean ſtew-pan, and when it is all melted, and done making any noiſe, have ready a pint baſon heaped up with onions peeled and ſliced thin, throw them into the pan, and fry them of a fine brown, ſtirring them about that they may be all alike, then pour off the clear water from the beans into a baſon, and throw the beans all into a ſtew-pan; ſtir all together, and throw in a large tea-ſpoonful of beaten pepper, two heap'd full of ſalt, and ſtir it all together for two or three minutes. You may make this diſh of what thickneſs you think proper, (either to eat with a ſpoon or otherways) with the liquor you poured off the beans. For change, you may make it thin enough for ſoup. When

it is of the proper thickneſs you like it, take it off the fire, and ſtir in a large ſpoonful of vinegar, and the yolks of two eggs beat. The eggs may be left out, if diſliked. Diſh it up, and ſend it to table.

To pickle Kidney-Beans.

TAKE them when young, cut off both ends, put them into vinegar, with ſalt, whole pepper and ginger, and let them lie nine days. Then boil your pickle in a kettle; put in the beans, and juſt let them have a boil. Then take them off, ſtove them down cloſe, and ſet them by: Then ſet them on again, and ſo do five or ſix times, till they are quite green. Then put them in an earthen pot, tie it down cloſe with leather, and they will keep all the year. You may do purſlain ſtalks, cucumbers, &c. in the ſame manner. If they change colour, boil up the pickle, and pour it over them boiling hot.

A Ragoo of Lettuce.

TAKE the cabbages of lettuce, ſcald them, and then put them in cold water; ſqueeze them, and then cut them into dice, and put them in a ſauce-pan, and let them ſimmer in veal gravy. When it is enough, pour over it ſome cullis of veal and ham; ſo ſerve it.

Forc'd

Forc'd Lettuce.

TAKE twelve lettuces, ſet them off, and let them be cold. Then take out the hearts, and fill them with ſweet-breads and forc'd meats; ſet them in your pan the ſtalk upwards, and ſtove them half an hour; ſeaſon them with ſalt, pepper, vinegar and bay-leaf, and ſo ſerve them.

To keep Lettuce.

CHOOSE the hardeſt, take off the large leaves, and blanch them in water, and drain them. Then ſtick them with cloves, and ſeaſon them with pepper, ſalt, vinegar, and bay-leaf. Cover them well, and when you would uſe them, unſalt them and ſtew them.

To pickle Melons, or large Cucumbers.

CUT out a piece in the ſides of your melons or cucumbers, and ſcrape out the ſeeds, and fill them with cloves, mace, whole pepper and muſtard-ſeed bruiſed. Peel three cloves of garlick, the ſame of ſhallot, ginger ſliced thin, and ſalt. Then lay the piece on again that you cut out, and tie it round with pack-thread, and put them in as much white-wine vinegar as will cover them, with muſtard, a bay-leaf, and ſalt. Let them lie nine days; then put them in a kettle, and ſet them over the fire to green, ſtove them down cloſe, and let them have a boil or two. Then take them

them off, ſtove themdown very cloſe, and let them ſtand to green. Then take them out, boil up the pickle, and pour it over them ſcalding hot; then cover your pot, and tie them down cloſe with leather. You may eat them next day, or keep them a year.

A Ragoo of Muſhrooms.

CUT your muſhrooms, and toſs them up with melted butter or bacon; and ſeaſon them with pepper, ſalt, and parſley ſhred ſmall; moiſten them with gravy, and thicken them with flour, yolks of eggs, and lemon juice, and ſerve it up.

Another.] Peel your muſhrooms, and then put them in water and ſalt to clean them; then ſtew them half an hour in their own liquor; then pour out all the liquor except two ſpoonfuls, and put to them half a pint of broth or gravy, an onion quartered, a bunch of ſavory and thyme, pepper, nutmeg, and two or three anchovies. Let all theſe ſtew a quarter of an hour; then put in ſome butter, ſhake it together, and ſerve them.

Muſhrooms with Cream.

CUT your muſhrooms in pieces, and toſs them up over a briſk fire in butter, ſeaſoned with ſalt, nutmeg, and a bunch of herbs. When they are done enough, and moſt of the butter waſted away, put to them ſome cream, and ſerve them.

To

To fry Muſhrooms.

TOSS up your muſhrooms with a little broth, to take away their bitterneſs; then ſtrew over them ſalt, pepper, and flour, and fry them in butter or hog's lard.

To bake Muſhrooms.

PUT your muſhrooms in a tart-pan, with butter or bacon, ſeaſon them with ſalt, pepper, nutmeg, whole chives, and parſley ſhred ſmall. Bake till they are brown, and ſerve them hot.

To farce Muſhrooms.

MAKE a farce with veal, bacon, beef marrow, French roll ſoaked in cream, and the yolks of two eggs, ſeaſoned with ſalt, pepper, and nutmeg. Pick the muſhrooms well, and pull off the ſtalks, then farce them with this farce; put them in a tart-pan, and bake them in an oven: when done, diſh them, and pour to them ſome beef-gravy. You may, if you think proper, make your farce of the fleſh of fiſh.

To keep Muſhrooms without Pickle.

PEEL them, take out the inſide, and lay them in water three or four hours; then take them out, dry them, lay them on tin-plates, and ſet them in a cool oven to dry. Do ſo ſeveral times till they are quite dried. Then put them in pots or boxes, and ſtop them cloſe and dry.

To

To keep Muſhrooms all the Year.

PICK your muſhrooms, put them in boiling water four or five minutes; then drain them, and when cold put them in a well-glazed earthen pan, with ſome nutmeg, cloves, mace, cinnamon, baſil, young onions, and bay-leaves. Then make a pickle of ſalt and water, let it ſtand two hours, then pour it into your muſhrooms, and let it cover them; then pour clarified butter on the top, tie it down cloſe, and ſet it in a cloſe place. When you uſe them, waſh them well in water till they are freſh.

To make Cullis of Muſhrooms.

CLEAN them and ſtew them with bacon and butter, and brown them over a ſtove till they ſtick to the bottom; then put in a little flour, and brown that with them; then put in ſome broth, and let it boil for a minute or two, then ſtrain it. Seaſon it with ſalt and lemon, and put in ſome cruſts of bread to ſoak. When they are well ſoaked, ſtrain it through a ſieve for uſe.

To pickle Muſhrooms.

GET the button ſort of muſhrooms, wipe them clean, and throw them into milk and water. Then put your preſerving-pan on the fire with milk and water, and when it boils, put in the muſhrooms, and let them boil ten minutes; drain them,

and

and when cold put them in your pickle, which muſt be made with white-wine vinegar, with mace, pepper, and ginger boil'd in it. When it is enough, cut a nutmeg in quarters and put it in; let it ſtand till cold, and then put them in a glaſs, and pour a little oil over them; tie it down with leather, and keep it for uſe.

Another.] Waſh them, ſet on ſalt and water, and when it boils put them in; ſkim them as they boil up, then put them in cold water and ſalt, and let them ſtand twenty-four hours; then put the water from them, and put them in white-wine vinegar, and let them ſtand a week; then take the pickle from them and boil it, putting in pepper, cloves, mace, &c. When 'tis cold put it to the muſhrooms, and ſtop them up cloſe, to keep out the air, or they will mother; if they do mother, you muſt boil your pickle again.

To pot Muſhrooms.

RUB them with a woollen cloth; thoſe that will not rub, peel; take out the gills and throw them into water. When they are all done, wipe them dry, and put them into a ſauce-pan with a handful of ſalt, ſome butter, and ſtew them till they are enough, ſhaking them often for fear of burning. Then drain them from their liquor, and when they are cold dry them, and lay them in a pot one by one, as cloſe

as

as you can, till your pot is full; then clarify butter, let it ſtand till 'tis almoſt cold, then put it to your muſhrooms; when cold, cover them cloſe. When you uſe them, wipe them clean from the butter, and ſtew them in gravy, thickened as when freſh.

Muſhroom Catchup.

FILL a ſtew-pan with large muſhrooms, put in a handful of ſalt, and ſet them on a ſlow fire; they will make a deal of liquor, which muſt be ſtrained, putting in a quarter of a pound of ſhallots, two cloves of garlick, ſome cloves, mace, pepper, ginger, and a bay-leaf. Boil and ſcum it well, and when 'tis cold bottle it, and ſtop it up cloſe.

To make an Ragoo of Onions.

TAKE a pint of little young onions, peel them, and take four large ones, peel them, and cut them very ſmall; put a quarter of a pound of good butter into a ſtew-pan, when it is melted and done making a noiſe, throw in your onions, and fry them till they begin to look a little brown; then ſhake in a little flour, and ſhake them round till they are thick; throw in a little ſalt, a little beaten pepper, a quarter of a pint of good gravy, and a tea-ſpoonful of muſtard. Stir all together, and when it is well taſted and of a good thickneſs, pour it into your diſh, and garniſh it with fried crumbs

crumbs of bread and raſpings. They make a pretty little diſh, and are very good. You may ſtew raſpings in the room of flour, if you pleaſe.

To make an Onion Soup.

TAKE half a pound of butter, put it into a ſtew-pan on the fire, let it all melt, and boil it till it has done making any noiſe; then have ready ten or a dozen middling onions peeled and cut ſmall, throw them into the butter, and let them fry a quarter of an hour; then ſhake in a little flour, and ſtir them round; ſhake your pan, and let them do a few minutes longer, then pour in a quart or three pints of boiling water, ſtir them round, take a good piece of upper cruſt, the ſtaleſt bread you have, about as big as the top of a penny loaf, cut ſmall, and throw it in. Seaſon with ſalt to your palate. Let it boil ten minutes, ſtirring it often; then take it off the fire, and have ready the yolks of two eggs beat fine, with half a ſpoonful of vinegar, mix ſome of the ſoup with them, then ſtir it into your ſoup, and mix it well, and pour it into your diſh. This is a delicious diſh.

To make an Onion Pye.

WASH and pare ſome potatoes, and cut them in ſlices; peel ſome onions, cut them in ſlices, pare ſome apples, and ſlice

 them,

them, make a good cruſt, cover your diſh, lay a quarter of a pound of butter all over, take a quarter of a ounce of mace beat fine, a nutmeg grated, a tea-ſpoonful of beaten pepper, three tea-ſpoonfuls of ſalt, mix all together, ſtrew ſome over the butter, lay a layer of potatoes, a layer of onions, a layer of apples, and a layer of eggs, and ſo on till you have filled your pye, ſtrewing a little of the ſeaſoning between each layer, and a quarter of a pound of butter in bits, and ſix ſpoonfuls of water. Cloſe your pye, and bake it an hour and a half. A pound of potatoes, a pound of onions, a pound of apples and twelve eggs will do.

To make an Onion Soup the Spaniſh Way.

TAKE two large Spaniſh onions, peel and ſlice them; let them boil very ſoftly in half a pint of ſweet oil till the onions are very ſoft; then pour on them three pints of boiling water; ſeaſon with beaten pepper, ſalt, a little beatten cloves and mace, two ſpoonfuls of vinegar, a handful of parſley waſhed clean, and chopped fine; let it boil faſt a quarter of an hour; in the mean time, get ſome ſippets to cover the bottom of the diſh, fried quick, not hard; lay them in the diſh, and cover each ſippet with a poached egg; beat up the yolks of two eggs, and throw over them; pour in your ſoup, and ſend to table.

Garlick

Garlick and ſorrel done the ſame way, eats well.

To butter Onions.

PUT your onions in boiling water, when peel'd; drain them when they are well boil'd, and butter them, adding ſugar, currants, and beaten cinamon. Serve them on ſippets, ſtrew ſugar over them, and run them over with beaten butter.

Another Way.] Slice ſome apples, and mince your onions, but more apples than onions. Bake them with bread, tying a paper over the pan: when baked, butter them, adding ſugar and boiled currants. Serve them on ſippets, and ſtrew over them fine ſugar and powdered cinnamon.

To pickle ſmall Onions.

TAKE ſmall onions, and put them in ſalt and water two days, ſhift them once, then drain them in a cloth. Boil vinegar with ſpice, and when 'tis cold, put them in it, and cover them with a wet bladder.

Parſnip Cakes.

SCRAPE ſome parſnips roots, and ſlice them thin, dry them in an oven, and beat them to powder. Mix them then with an equal quantity of flour, and make them up with cream and ſpices powder'd; then mould them into cakes, and bake them in a gentle oven.

Note, The ſweetneſs of the parſnip powder anſwers the want of ſugar.

Parſnip Fritters.

BOIL your parſnips tender, peel them and beat them in a mortar. Then take a large handful of flour, ſix eggs, ſome cream, new milk, ſalt, ſugar, nutmeg, and a little ſack and roſe-water; mix all together and make a batter. Then have ready your frying-pan with hog's lard, hot over the fire; put in a ſpoonful for each fritter, and fry them brown on both ſides. For ſauce, uſe ſack and ſugar with a little roſe-water or verjuice. When you ſerve them to table ſtrew ſugar over them.

Parſnip, or Carrot Puffs.

SCRAPE and then boil your parſnips or carrots; then maſh them, and to a pint of pulp, grate the crumb of a penny loaf, with eggs, nutmeg, orange-flower water, and ſugar to your taſte. Mix all up with a little ſack and cream, and fry them in fine ſuet, which muſt be hot when you put them in your pan; a ſpoonful of each puff in a place.

Peach Tart.

PARE them, cut them in two, and take out the ſtones; then put ſome ſugar in a ſtewpan, and put your peaches in it, ſet it over the fire and ſtir it. Then make an under

under cruſt and bake it: when done, ſet it in a diſh, and your peaches being ready put them in it. Then put a little water in the ſtewpan where your peaches were, and make a ſyrup with the remaining ſugar, and pour it over your peaches. You may ſerve this tart either hot or cold.

Note, Apricot tarts are made in this manner.

To ſtew Peaches.

PARE and ſlit ripe peaches, and take out the ſtones, lay them on a plate that will not give them any ill taſte, and pour over them a ſyrup made with pippins, water, and ſugar, boil'd to a jelly, with a little white-wine; then ſtew them till they are tender. Serve it with fine ſugar ſifted on them, or cream.

Green Peas with Cream.

WASH them in hot water, and put them in a cullender to drain; then put them in a ſtewpan with a lump of butter, and a bunch of ſweet herbs. Set it on the fire, and toſs them up with a duſt of flour, moiſtened with boiling water, ſeaſoned with ſalt and ſugar, and let them ſtew. Being ſtewed, and ready to ſerve, put in a little cream, and ſerve them up.

Peas the French Way.

SHELL your peas, and paſs a quarter of a pound of butter, gold colour, with a ſpoon-

a ſpoonful of flour: then put in a quart of peas, four onions cut ſmall, and two cabbages cut as ſmall as the onions; then put in half a pint of gravy, ſeaſoned with pepper, ſalt, and cloves. Stove this well an hour, then put in half a ſpoonful of fine ſugar, and fry ſome artichokes to lay round the ſide of the diſh; ſerve it with a forced lettuce in the middle.

Another Way to dreſs green Peas.

WASH them in hot water, drain them, and ſtew them with a lump of butter; throw a duſt of flour over them, and moiſten them with boiling water, ſeaſoned with ſalt and a little ſugar; then put in a bunch of lettuce, and a bunch of green onions. When they are done, take out the onions and lettuce, and ſerve it hot.

Peas the Portugueſe Way.

WASH your peas, cut in ſome lettuce, with a lump of ſugar, ſome fine oil, a few mint leaves cut ſmall, with parſley, onions, ſhallots, garlick, winter ſavory, nutmeg, ſalt, pepper, and a little broth; put them over the fire, and when 'tis almoſt ready, poach ſome new eggs in it, making a place for each egg to lie in; then cover your ſtew-pan again, and boil your eggs with a little fire upon the cover; then ſlide them into your diſh, and ſerve them.

Fine

Fine beans may be dreſs'd in the manner, but you muſt blanch them, and put them in as they are, without putting them in butter.

Green Peas Tart.

BOIL them, drain them, and ſeaſon them with ſalt, ſaffron, butter, and ſugar; then fill your tart, cloſe it, bake it, and when done, pour in ſome verjuice; ice it, ſtrew on ſugar, and ſerve it.

Green Peas Pottage with Milk.

SHELL a quart of green peas, and boil them in two or three quarts of milk, adding beaten pepper, ſalt, mint, and ſweet marjoram powdered, and a little whole ſpice beaten. Boil it till the cream riſes, and then ſtir it and ſerve it hot.

Stewed Peas and Lettuce.

TAKE a quart of green peaſe, two nice lettuces clean waſhed and picked, cut them ſmall a-croſs, put all into a ſauce-pan, with a quarter of a pound of butter, pepper and ſalt to your palate; cover them cloſe, and let them ſtew ſoftly, ſhaking the pan often. Let them ſtew ten minutes, then ſhake in a little flour, toſs them round, and pour in half a pint of good gravy; put in a little bundle of ſweet herbs and an onion, with three cloves, and a blade of mace ſtuck in it. Cover it cloſe, and let them ſtew a quarter of an hour; then take

take out the onion and ſweet herbs, and turn it all into the diſh. If you find the ſauce not thick enough, ſhake in a little more flour, and let it ſimmer, then take it up.

A green Peas Soup.

TAKE a quart of green peas, boil them in a gallon of water, with a bundle of mint, and a few ſweet herbs, mace, cloves, and whole pepper, till they are tender; then ſtrain them, liquor and all, through a ſieve, till the pulp is ſtrained. Put this liquor into a ſauce-pan, put to it four heads of celery clean waſhed and cut ſmall, a handful of ſpinach clean waſhed and cut ſmall, a lettuce cut ſmall, a fine leek cut, a quart of green peas, a little ſalt; cover them, and let them boil very ſoftly till there is about two quarts, and that the celery is tender. Then ſend it to table.

If you like it, you may add a piece of burnt butter to it, about a quarter of an hour before the ſoup is enough.

To ſtew Pears.

PARE ſix pears, and either quarter them, or do them whole; they make a pretty diſh with one whole, the reſt cut in quarters, and the cores taken out. Lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill of red wine, and a quarter of a pound of fine ſugar.

ſugar. If the pears are very large, they will take half a pound of ſugar, and half a pint of red wine; cover them cloſe with brown paper, and bake them till they are enough.

Serve them hot or cold, juſt as you like them, and they will be very good with water in the place of wine.

To ſtew Pears in a Sauce-pan.

PUT them into a ſauce-pan, with the ingredients as before; cover them, and do them over a ſlow fire. When they are enough take them off.

To dreſs Potatoes.

SOME people, when they are boil'd, have a ſauce ready to pour over them, made with butter, ſalt, and pepper; others uſe gravy ſauce, others ketchup, and ſome eat them boiled with only pepper and ſalt; ſome cut the large ones in ſlices, and fry them with onions, others ſtew them with ſalt, pepper, ale, or water. It is a common way alſo to boil them firſt, and then peel them, and lay them in the dripping-pan under roaſting meat. Another way very much uſed in Wales, is to bake them with herrings, mixed with layers of pepper, vinegar, ſalt, ſweet herbs, and water. Alſo they cut mutton in ſlices, and lay them in a pan, and on them potatoes and ſpices, then another layer of all the ſame with

with half a pint of water; this they ſtew, covering all with cloths round the ſtew-pan, and account it excellent.

The Iriſh have ſeveral ways of eating them: the poorer ſort eat them with ſalt only, after they are boil'd; others with butter and ſalt, but moſt with milk and ſugar.

Another Way, Is to maſh boil'd potatoes, and then put them into bacon or pork broth, with ſpice, pepper, and ſweet herbs, which is ſomething like peas ſoup.

Another Way, Is to maſh boiled potatoes very fine; then take ſweet herbs dried and beaten ſmall, with ſpice, butter, and ſalt mixed alltogether. This is an excellent pudding to put in the bellies of rabbits, hares, fiſh, &c. when roaſted.

Another Way, Is to maſh them after the potatoes are boiled, and then with a mixture of other ingredients they will make a compoſition for ſkin-puddings.

Another Way.] Potatoes boil'd, pulp'd, and mixed with milk and ſalt into a dough, will make good cakes to bake.

To make Potatoe-Bread.

TAKE as much boiled pulp of potatoes as wheaten flour, and knead them together as common dough is done for bread.

To make Potatoe-Pudding.

BOIL, peel, and then beat them in a mortar,

mortar. Take three pound of this pulp, and one pound of butter, whole oatmeal, currants, ſix eggs, pepper, ſalt, and grated nutmeg; beat all well together in the mortar for boiling or baking. When it is done, make a hole in the middle or top, and pour in melted butter.

Another Way.] Mix potatoe pulp with apples chopt ſmall, cream, and loaf-ſugar, powder of cinnamon, and cloves; put all into a paſte, and bake it in a ſlow oven.

Another Way.] Mix potatoe pulp with fat bacon, finely cut, oatmeal whole, currants, pepper, and ſalt, which bake in a pan.

To fry Potatoes.

WHEN they are boiled and ſliced, have yolks of eggs ready beaten up with a grated nutmeg or two. When the pan is hot, dip the ſlices in the yolks of eggs, and put them in your pan; when they are fried on both ſides, pour over them butter, ſugar, and roſe-water.

To make Potatoe Fritters.

BOIL, and then mix the pulp with milk, cloves, cinnamon, and loaf ſugar powdered. To this put minced apples, and fry them as common fritters, in hog's lard.

Another Way.] To the pulp put cream, and mix pepper, ſalt and currants with them

hem for a batter, or if you think proper you may add chopt beef ſuet.

Potatoes is the beſt root for ſupplying the place of bread and meat, for it is nouriſhing, pleaſant, and cloying.

A Quince Pudding.

SCALD your quinces very tender, pare them away thin, ſcrape off the ſoft, and waſh it well; put to it ſugar, powder of ginger, and cinnamon. Then take a pint of cream, put to it four yolks of eggs, and then put in your quince; and ſo you may do it with apricots, &c.

To pickle Quinces.

CUT five or ſix quinces in pieces, and put them in an earthen pot, with a gallon of water, and two pounds of honey. Mix them well together, and put them in a kettle to boil half an hour; then ſtrain it into an earthen pot, and when cold, wipe your quinces clean, and put them in it. Cover them cloſe, and they will keep all the year.

Quince Cream.

PARE your quinces, having firſt ſcalded them till ſoft. Maſh the clear part of them and pulp it through a ſieve; take an equal weight of quince and fine ſugar powdered, and the whites of eggs, and beat it till it is as white as ſnow; then put it in diſhes.

To preſerve Quinces.

PARE and core your quinces, and to every pound of ſugar and quince, put a pint of water, and boil them together as faſt as you can uncovered. In this manner you may do golden pippins.

A Raſberry Tart.

LAY thin puff-paſte in the bottom of your patty-pan; then put in your raſberries, ſtrew on ſugar, cloſe it up, and bake it. When bak'd, cut it up, put in half a pint of cream, three yolks of eggs beaten, and ſome ſugar; let it ſtand till 'tis cold; then ſerve it with ſugar.

To butter Scorzonera.

SCRAPE them, boil them tender, and cut them in bits; then ſqueeze in a lemon, with half a pint of cream, four ounces of butter, and a little ſalt and nutmeg. You may fry them alſo.

To dreſs Skirrets.

WASH the roots very well, and boil 'em till they are tender. Then ſkin them, and pour over them a ſauce made with melted butter and ſack. Some eat them in this manner, with juice of orange, and ſome with ſugar, but the root is very ſweet of itſelf. Some, after they are boiled and ſkin'd, fry them, and uſe the above ſauce, The roots of ſalſafy and ſcorzonera are done in the ſame manner.

Skirret Fritters.

TAKE a pint of the pulp of ſkirrets, a ſpoonful of flour, yolks of eggs, ſugar, and ſpice; make it into a thick batter, and fry them out in fritters.

Sorrel with Eggs.

BOIL your ſorrel and ſtrain it; then poach three eggs ſoft, and three hard; butter your ſorrel, fry ſome ſippets, and lay three poached eggs and three whole hard eggs between, and ſtick ſippets all over the top.

Spinage with Eggs.

BOIL your ſpinage green, ſqueeze it, and chop it fine; then put in gravy, and melted butter, with a little cream, pepper, ſalt, and nutmeg; then poach ſix eggs, and lay them over your ſpinage, fry ſome ſippets in butter and ſtick all round the ſides, and ſqueeze one orange, and ſo ſerve it.

A Spinage Pudding.

SCALD your ſpinage, and chop it fine, mix it with cream, the yolks of eight eggs, four ounces of biſket, and four of melted butter; ſeaſon with ſugar, nutmeg, and ſalt, and ſet it on the fire till 'tis ſtiff, but don't boil it; then cool it, and bake it in puff-paſte, or boil it.

A good Spring Soup.

TAKE twelve cabbage-lettuces, ſix green cucumbers, pare them, and cut out the cores; then cut them in ſmall pieces, ſcald them with boiling water, and then put them in broth; let them boil till very tender, with a handful of green peas, and ſome French roll

To pickle Walnuts.

TAKE your walnuts, when a pin will go through them, put them in a pot and cover them with vinegar; change the vinegar every fourteen days for four times. Then to two gallons of vinegar, put of coriander ſeeds, carraway ſeeds, dill ſeeds, of each an ounce bruis'd; ſlic'd ginger three ounces, mace an ounce, nutmeg bruis'd, two ounces. Boil all together, and pour the liquor boiling hot over the walnuts; do ſo eight or nine times.

To pickle Clove-Gilliflowers, Cowſlips, Violets, Primroſes, and ſuch other pleaſant Flowers.

INFUSE them in fair water, over a gentle fire, and then preſs out the liquid part into the water, which, with ſome ſugar, you may boil up to a ſyrup, as ſhall be hereafter ſhown.

Put the preſſed leaves of the flowers in ſtrong white-wine vinegar, and to each gallon add a pound of fine ſugar, keep them as cloſe as may be, by tying leather over the

gallypots, to keep out the air, and they will be excellent ſauces upon all occaſions.

To pickle Purſlain and Aſparagus.

TAKE the tender parts of theſe, ſprinkle them with ſalt and cloves groſly beaten together, and lay them regular in a glazed earthen veſſel, boil vinegar and ſalt, and put it to them very hot, and ſtop them up cloſe; thus you may pickle the hard inward heart of cabbages, or cabbage-lettuce, to ſerve for ſalating among other herbs, at any ſeaſon of the year; as alſo the white ſtalks of endive and ſuccory.

To pickle Green Peas, or Beans.

TAKE water and vinegar, boil them well, viz. the liquor, and juſt ſcald the peas, or beans, and put them up in a cloſe earthen veſſel, and when you have a mind to boil them, ſteep them a night in freſh water, and when they are boiled, they will eat almoſt as if they were new gathered, which has been proved to the admiration of many, who have wondered where ſuch delicates could be had in the dead of winter.

To pickle Samphire.

MAKE a ſtrong pickle of water and ſalt, well boiled, and well ſcald the famphire, but not to any conſiderable ſoftneſs, pack it cloſe, in a caſk, and head it up.

Thus

Thus you may pickle aſhenkeys, or bramble-buds, plantain-roots, and the like.

A curious Method of preſerving Apples, Pears, Plumbs, Cherries, &c. for two or three Years.

PITCH upon the beſt and moſt perfect of the fruit you would preſerve whilſt hanging upon the tree, which is not in the leaſt bruiſed, nor the ſkin any where ſcratch'd or broken. Do not touch nor gather it with your hands, but tie a ſtrong thread about the ſtalk, and, holding the thread tight in your hand, cut the ſtalk above the thread with a pair of ſciſſars: the fruit being thus detach'd from the tree, without touching the branches, or any thing elſe, cloſe the cut end of the ſtalk with Spaniſh wax to prevent the air acting upon it. Then roll up a ſheet of white paper in the form of a cone, with a little opening at the top; thro' this aperture paſs the thread tied to the ſtalk of the fruit, ſo as that it may be ſuſpended in the cone, then cloſe the aperture with ſoft green wax, and fold in the paper at the bottom, and cloſe and ſecure it with wax in like manner, ſo that the air may be effectually excluded, for if the air had acceſs to the fruit, it would ſoon ſpoil and corrupt; the little cone incloſing the fruit may then be hung by the thread upon a nail in a dry temperate place, neither hot nor cold, ſo as it may not touch

any thing, and by theſe means, fruit may be preſerved quite ſound and perfect for two or three years. Apples, pears, plumbs, cherries, and all ſuch like fruits may be well preſerved in this manner.

To pickle Barberries.

MAKE a pickle with ſalt and water, and boil it up to a ſtrength, till it will bear an egg. Scum it well, and put a good handful or two of barberries into it, and let them boil till they burſt, or may be reduced to pulp; then ſtrain the liquor, and put it to your cold barberries, pretty warm, and cover them with Hyſſop.

This way pickle green grapes, plumbs gooſberries, apples, quinces, cornels, and unripe currants.

To pickle Broom-Buds.

TAKE ſtrong vinegar and water, an equal quantity; put a ſeaſoning of ſalt into it, then boil and ſcum it well, ſo put in the buds clean picked from the ſtalks, let them boil it a little tender, and ſo put them to cool, add a little Jamaica pepper, and cover them cloſe for your uſe: thus you may pickle turnips, by cutting them in ſquare bits about the length of your little finger; but then you muſt boil them ſomewhat longer than the buds, but not ſoft.

A BILL

A BILL of FARE of ſeventy diſhes that will not coſt above Two-pence each.

ASPARAGUS with butter and ſalt, eaten with bread, purges by urine, and affords good nutriment,

Water gruel ſeaſoned with ſalt only, and eaten with bread and butter, by biting and ſupping, is an excellent food, breeds good blood, and cauſes it to circulate freely.

Milk and bread raw is an excellent food, and better than boiled; it ſweetens the blood, prevents ſour humours, carries wind downwards, without any trouble to nature, preſerves health and a good complexion.

Eggs boiled in the ſhell, and eaten with bread, or with bread and butter, is an excellent food.

Eggs raw, eaten with bread, is an excellent food; it cleanſeth the paſſages, preſerves the lungs, warms the ſtomach, and frees it from obſtructions.

Sorrel, parſley and eggs, mixed well together, and fried with butter and a little ſalt; when done, put ſome melted butter and vinegar upon them, and this makes excellent food.

Take eggs and beat them well together, and fry with butter; when done, melt ſome butter and vinegar and put upon them.

Take ſome parſley and boil it, and cut it ſmall, eat that with poached eggs, either mixed

mixed with it, or bite and ſup; add ſome melted butter and vinegar and put upon them; and this makes a good diſh.

Eggs broken and buttered over the fire, eat with bread, is excellent food.

Eggs roaſted and eaten with bread, butter and ſalt, is a good way of preparing them.

Eggs and boiled ſpinnage buttered, eat with bread.

Flour and water made into a pap, and thickened with an egg, eat with bread or without.

Rice boiled in water and buttered, affords good nutriment.

Rice put into a bag cloſe tied, and well boiled, makes an excellent pudding; ſome put currants to it, and melted butter and ſugar.

Rice-milk affords good nouriſhment, ſome put ſugar into it.

An egg put into a pint of milk and boiled, then eat with bread, and it is excellent food. It prevents windy humours and makes a good complexion.

Spinage boil'd, buttered, and eat with bread, is good food, opens obſtructions, and makes good blood.

Coleworts and ſpinage boiled together, and a little butter melted and put upon it, makes excellent food, eaten with bread, butter and ſalt.

Baum, mint and ſpinage boiled together, then ſeaſoned with ſalt and melted butter

and

and ſalt put upon it, eat with bread, is excellent food.

Endive, parſley and ſpinage boiled together, melted butter and ſalt put to it, and eat with bread, cleanſeth the blood, and keeps the body open.

Water and oatmeal made into gruel and ſeaſoned with ſalt, and an egg beaten and put into it; eat bread, or bread and butter with it. This creates good blood, frees the paſſages of windineſs and griping pains.

Water, milk and flour made into haſty pudding, is an excellent food; it makes the body fat, allays heat and thirſt, cauſes a good complexion, prevents wind, and is the beſt of food.

A pint of ale juſt boiled, and an egg beat into it, when well ſtirred, take it off the fire, and eat it with bread, affords a good meal. If you ſweeten it with ſugar, ſome may like it better.

Coleworts, cabbage and colliflowers boiled, eaten with butter, vinegar, ſalt and bread, this looſes the belly, and purges by urine.

Artichokes, Jeruſalem or others, boiled and eaten with butter, bread and ſalt.

Green peas boiled in the ſhells, eat with butter, ſalt and bread.

Green peas boiled out of the ſhells, eat with butter, ſalt, pepper and bread.

Green peas boiled with milk, and eat with bread, makes a good meal.

Dry

Dry peas boiled and ſeaſoned with butter and ſalt, is food fit for a labouring man.

Green beans boiled, and eat with ſalt, butter and pepper, is excellent food.

French beans eat with melted butter on them, ſalt and bread, is good food.

Turneps boiled, eat with melted butter, ſalt, pepper and bread, is good food; they are cleanſing and eaſy of concoction.

Parſnips boiled, and ſeaſoned with ſalt, butter, vinegar and muſtard, makes excellent food, eat with bread or without.

Carrots boiled, with melted butter, pepper and ſalt, and eat with bread, is wholeſome food.

Potatoes boiled or roaſted, and with butter and bread is good food.

Puddings of all ſorts, as light ones made of bread, is good food.

Plain puddings, made with eggs, flour and milk well boiled and buttered, is the beſt.

Puddings made with flour, milk, eggs, currants or raiſins, is good food.

Dumplins boiled, made with flour, milk, or water only, with a little ginger and yeſt, when it is boiled, butter it, and it is excellent food.

Apple dumplins boiled and eat with butter, is the beſt way of eating them.

Dumplins made with flour, milk, eggs and a little butter, mixed and worked up in them, made about the bigneſs of a crown-

piece,

piece, and then boiled and eat with a little melted butter over them, this is a pleaſant and ſubſtantial food.

Baked puddings afford good nouriſhment and are fitteſt for working people.

Bonnyclabber eaten with bread is excellent food in hot weather, eſpecially for conſumptive people.

Flummery is alſo an excellet food, eſpecially for weak ſtomach'd people, whoſe paſſages are furred and obſtructed by phlegmy matter.

A pint of cherry wine, currant wine, gooſberry wine or cyder, with ſome bread eaten, makes an excellent meal.

Bread and half a pint of canary, makes an excellent meal.

A pint of good beer, and a piece of bread, makes a good meal.

Prunes, raiſins, currants boiled in water, thickened with bread, adding ſpice, ſugar, butter and ſalt, makes a noble dinner; you may boil any of them ſingle, and temper the water with oatmeal, and add ſalt, ſugar and bread; it makes a good meal.

Sweet charvel eat with bread, butter and ſalt, is an excellent pottage for cold ſtomachs, and is a friend to the lungs.

Water-creſſes pottage, eaten with bread, butter and ſalt, cleanſeth the blood, and prevents fumes flying into the head.

Baum pottage eat with butter and ſalt, makes an excellent meal.

Mint

Mint pottage does the ſame.

Parſley, garlic, leek and onion pottage eat with bread, butter and ſalt, are good againſt cough, ſtone and gravel, boiled each by itſelf, or together.

Celery makes an excellent pottage.

Smallage pottage, or gruel, purifies the blood, and is good againſt all conſumptive humours.

Peas pottage, boil them, and add ſage, onions cut ſmall, then ſeaſon with ſalt and butter; this a ſubſtantial pottage.

Butter'd wheat makes a good diſh, is eaſy of concoction, and generates good blood.

Furmety plain or with fruit, makes an excellent meal, the plain is beſt.

Milk pottage, half milk and half water, eat with bread, is excellent for conſumptive people, and thoſe in health too.

Sage, bread and butter in May, and at other times, makes a good meal.

Baum, bread and butter, does the ſame.

Sorrel, bread and butter, and parſley, bread and butter, and radiſhes, bread and butter, creates good blood, and fine ſpirits, and is excellent food.

Pear-pies and apple-pies, afford good nouriſhment.

MUSEUM S.S.B. BRITANNICUM

F I N I S.